

Making safer and greener choices for you and your family

Children are more vulnerable to the effects of their surroundings. Research shows that contact with environmental chemicals influences the healthy growth and development of children and can have an impact lasting into adulthood. Everyday products can have chemicals that are harmful.

Don't be fooled by the label

Many logos and labels such as "organic", "natural", and "non-toxic" are not regulated/ruled by Health Canada. Beware of greenwashing. Simplify, save money, and protect your baby's health by asking yourself if your baby really needs this product and learn which labels are regulated by Health Canada. Read product labels and think about the ingredients.



None of these labels are regulated by Health Canada.



Choose food that is good for you and the environment

When possible, choose seasonal local and organic food and plant-based foods more often. Reduce food waste by planning meals before going grocery shopping. This can help you avoid overbuying. Frozen fruits and vegetables can be a healthy choice. Wash your fruits, veggies, and surfaces touched by raw meat. What we eat and how our food is produced affects the environment.

Think about air quality

The Air Quality Health Index can help you understand air quality and how to tailor your family's activities around it. At home, dust regularly using a damp cloth. Keep air fresher by opening windows when cooking or cleaning. Scented products such as candles and air fresheners can add chemicals to the air.

Keep your renovations safer

Do not let children or pregnant people near the renovation site and keep paints and chemicals locked away when not in use. Make sure your work areas are ventilated and use personal protective equipment especially when refinishing furniture, using paints, varnishes, glues, and adhesives, or other renovation projects which may create dust or release chemical fumes.

Learn about these topics and more here

Children's Environmental Health Network

<https://cehn.org/>

New Brunswick Lung Association

<https://nb.lung.ca/>

Health Canada

<https://www.canada.ca/en/health-canada.html>

Foundation for Resilient Health

<https://resilient-health.ca/toxic-exposures/>

Child and Nature Alliance of Canada

<https://childnature.ca/>

This infosheet was compiled by members of Team Nurses of the New Brunswick Children's Environmental Health Collaborative (NB CEH). For references and to learn more about the NB CEH, please visit: <https://nben.ca/en/making-safer-choices>. Follow us on Facebook at www.facebook.com/see.keh